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# EAT-RITE NEWS

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August 2015

## Popular Drugs, Including Benadryl, Linked To Dementia Even At Low Dosage

A new study out of the University of Washington provides the strong evidence that certain popular drugs may increase the risk for dementia in older adults. The drugs share some common mechanisms within key areas of the brain, but are used primarily as ingredients in over-the-counter sleep, cough and cold, and allergy medicines as well as in the treatment of an overactive bladder and **depression**. The most commonly used drug linked to dementia was diphenhydramine, which is used in many popular products such as Benadryl, Nytol Sominex, Theraflu, Triaminic Allergy, plus many others. Also implicated were drugs containing chlorpheniramine (Aller-Chlor); oxybutynin (Ditropan) and tolterodine (Detrol) for overactive bladder; and the tricyclic antidepressants, such as doxepin or amitriptyline. To evaluate whether cumulative anticholinergic use is associated with a higher risk for incident dementia, researchers examined medical records from 3,434 participants 65 years or older with no dementia at study entry. Initial recruitment occurred from 1994 through 1996 and from 2000 through 2003 and data through September 30, 2012 were also included in these analyses

Exposure to anticholinergic was determined from computerized pharmacy records. Cumulative exposure was updated as participants were followed up over a 10-year period. About 20% of the population was found to be using anticholinergic drugs.

During the evaluation period, 797 participants (23.2%) developed dementia with 637 of these (80%) developing Alzheimer disease. A 10-year cumulative dose-response relationship was observed for dementia and Alzheimer disease. In other words, the higher the cumulative anticholinergic use, the greater the increased risk for dementia. The highest risk threshold was taking the minimum daily effective dose of one the anticholinergic agents every day for 3 years.

Based upon these results, the authors of the study propose efforts to increase awareness among health care professionals and older adults about the risk of the use of these drugs over time. Even at low dosage or recommended levels chronic use of these drugs should be avoided.

Gray SL, Anderson ML, Dublin S, et al. Cumulative Use of Strong Anticholinergics and Incident Dementia: A Prospective Cohort Study. JAMA Intern Med. 2015 Jan 26. doi: 10.1001/jamainternmed.2014.7663.

## Study Confirms PGX® Promotes Satiety

PolyGlycoPlex (PGX®) is the most viscous and soluble fiber known. It is produced in a patented process that allows three natural fibers to coalesce and form a matrix that has a higher level of viscosity, gel-forming properties, and has more expansion with water, than any other fiber. In essence, it is a “super” fiber as all of the beneficial effects of fiber are magnified and more easily attained with PGX®.

Detailed clinical studies published in major medical journals and presented at the world’s major medical conferences have shown PGX® to exert the following benefits:

- Increases the level of compounds that block the appetite and promote satiety.
- Decreases the level of compounds that stimulate overeating.
- It reduces the glycemic index of any food, beverage, or meal by as much as 70%.
- Increases insulin sensitivity and promotes improved blood sugar control.
- Helps stabilize blood sugar levels to reduce food cravings.

In a study conducted in Perth, Australia, the objective of was to follow up on a previous study that showed a dose–response effect of PGX® on satiety and blood sugar control. In a previous study, in addition to PGX decreasing the subjective measurement of hunger, it was also shown to lower after-meal blood glucose levels. When consumed with a standardized breakfast meal, the total blood glucose levels (mmol/L) were 151 after the consumption of 5 g inulin, 113 after 2.5 g PGX®, 88 after 5 g PGX® and 76 after 7.5 g PGX®. The highest dosage PGX® reduced the total plasma glucose level by 50%.

In my opinion PGX is one of the greatest tools in the battle against obesity and diabetes. When used on a consistent basis the results achieved are unparalleled with any other supplement or medication. The safety and efficacy is amazing.

## Whey Protein – An Essential Component In A Weight Loss Plan

A recent study highlights the value of whey protein in helping to maintain muscle mass during intentional weight loss, an extremely important goal in achieving long-term diet success. Whey protein ingestion has also been shown to reduce feelings of hunger and promote satiety, as well as improve blood sugar control. The importance of maintaining muscle mass during weight loss cannot be overstated. Muscle mass is the primary fat burning furnace in the body. A muscle cell burns as much as 15 times more calories per day than a fat cell. Muscle mass is the primary factor that will determine how quickly a person can lose weight, and low muscle mass is also a primary reason why many people hit a plateau at some point during a weight loss program.

Whey protein is an important consideration, along with strength training, to help maintain muscle mass during weight loss.

Other benefits of whey protein:

- Whey protein has the highest biological value of any protein.
- Whey protein is a rich source of branched chain amino acids (BCAAs) that are metabolized directly into muscle tissue and are the first ones used during periods of exercise.
- Whey protein is an excellent source of the essential amino acid and leucine. Research has shown that individuals who exercise benefit from diets high in leucine and have more lean muscle tissue and less body fat compared to individuals whose diet contains lower levels of leucine. Whey protein isolate has approximately 50% more leucine than soy protein isolate. Whey protein is a soluble, easy to digest protein and is efficiently absorbed into the body.

In a study conducted at University of Birmingham in the United Kingdom, 40 overweight men and women completed a 14-day calorie restricted diet and were randomly assigned, double blind, to receive twice-daily supplements of isolated whey (27 g) or soy (26 g), or maltodextrin (25 g). Using a blood measurement for muscle fiber synthesis, results indicated that muscle breakdown was significantly less than that seen in the soy and maltodextrin group. Soy protein had no effect on reducing muscle loss. These results indicate that whey protein supplementation can help preserve muscle mass during weight loss.

While whey protein is effective on its own, even better results occur when it is combined with the revolutionary dietary fiber matrix PGX.

## Effective, Zero Cost Dietary Therapy For GERD

Due to side effects associated with the various drugs used in GERD including the use of drugs like baclofen that inhibit the relaxation of the esophageal sphincter which can lead to gastric reflux, researchers looked at dietary factors to see if there was any link to GERD. What they found was that between meal eating had the strongest association with GERD. A between meal snack is thought to increase gastric distention in upper stomach, as well as cause transient lower esophageal sphincter relaxation triggering reflux. In contrast, fasting clears stomach of food, reduces intra-abdominal pressure, and reflux. Considering these factors, the researchers felt that two regular meals a day with only fluids in between would reduce reflux and lead to healing of esophagus caused by repeated refluxes. In testing this simple regimen in a small number of patients, it was shown to eliminate symptoms of GERD in 10 days. The researchers then conducted a pilot study in 20 patients of endoscopically diagnosed GERD. Results indicated that it benefitted 100% of patients with mild GERD, 66% of patients with moderate GERD, and 33% of patients with severe GERD. These results indicate that this simple dietary recommendation can be extremely effective in mild to moderate cases and should also be used along with other natural approaches in more severe cases.

Mark your calendars now for October 26<sup>th</sup> and 27<sup>th</sup> for Blood screening, and Doctor Murray will be here the evening of October 26<sup>th</sup> for a special lecture.

88.1 Guymon,	88.3 Amarillo
88.5 Vernon	88.7 Borger
90.3 Wheeler	92.3 Farwell, TX
88.1 Canadian,	88.3 Childress,
88.3 Elk City	91.1 Plainview, TX
91.9 Pampa,	91.9 Perryton, TX
91.9 Memphis,	91.7 Hereford, TX
94.9 Tulia, TX	106.1 Dumas,

**Be sure and tune in every Thursday at 5:00pm for the Eat-Rite Wellness Hour.**